Guided Meditation: Climate Change
Find a comfortable place to sit and close your eyes. *(pause)*
Take a deep breath *(pause)* and let it out. *(pause)*
Deep breath *(pause)* and let it out. *(pause)*
Once more, breathe in *(pause)* and let it out. *(pause)*

Imagine you and a friend are walking around a city. *(pause)* You feel the hot sun beating down on you. *(pause)* You spot a bank sign that says the temperature is 102. *(pause)* You look around for a shady spot but don't see any trees. There's just concrete and asphalt. *(pause)* You wish it would start raining so you could cool off a little. *(pause)*

You hear a car with a very noisy engine go by. *(pause)* As it passes, a cloud of gray exhaust bellows out. *(pause)* It smells stinky and tickles your throat. *(pause)* Your friend, who has asthma, begins coughing. *(pause)* You wonder how bad the air quality is today. *(pause)*

You continue walking and see an overflowing sewer. *(pause)* There are plastic water bottles and other trash blocking the drain. How many bottles can you count? *(pause)* You wonder how much stuff is thrown away every day. *(pause)*

Near the end of your walk, you see some people holding signs that say "Save our Earth". *(pause)* You walk over to them. *(pause)* They tell you that pollution and trash are hurting the environment. *(pause)* They ask how you will help fight climate change. What do you say to them? *(pause)* How would you like to help? *(pause)*

Take a deep breath (pause) and let it out. *(pause)*
Open your eyes when you are ready.